

vital juice daily

THIRST FOR A HEALTHY LIFE

The Vital List: Green Entertaining

Friday, May 25, 2007

Come Monday, it's official—break out your white pants (if you haven't already) and break in your flip-flops (no pain, no pretty feet)—'tis finally the season for BBQs, picnics, clambakes and cocktails. Sustainable entertaining guru **Danielle Venokur** helps us host in a way that will make guests green with envy. When it comes to entertaining, less (environmental damage) is more!



1

Picn-eco

A table is optional, but sustainable food required. For picnics, pack organic, or better yet, local food from your **local farmer's market** (avoid excess CO2 emissions)! Proudly label food as sustainable to make for guests with happy tummies and consciences. And since silverware and dishes aren't always practical, opt for **recycled** or **biodegradable** cutlery and plates.



2

Barb-eco

Manning the barbie is a big responsibility ... so do it responsibly! Buying a new grill? First choice: go for **pure charcoal** (requires less energy and reduces CO2). Second choice, make it gas! Debating on a menu? Go light on the beef (carcinogens are bad for air quality).



3

Eco-clambake

Nothing goes better with an alternative lobster bib (think cloth napkin or fabric) than some natural décor. Collect shells from the beach, or flowers from the garden (your garden!) for your clambake. In need of an invitation and evite just the **mixer** or your "virgin" offerings (**Fizzy Lizzy**) won't do? Go for snail mail, but use a recycled or **plantable** invite.



4

Eco-cktails

For a chic (and eco-conscious) toast, ditch the paper and plastic cups and go for glasses. Also, try to add at least one organic drink option to your bar. Whether it's the vodka (**Square One**), ... we guarantee your guests will drink to that! (Looking for a new summer cocktail? Try Julie Lerner's tasty recipe for **Agave Margaritas**.)